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SEPTEMBER 21, 2017



Hike Haliburton

Check out what's new at this year's festival. See page 3

Quilter's paradise

The Canada Rocks Quilt Show. See page 5

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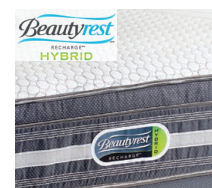
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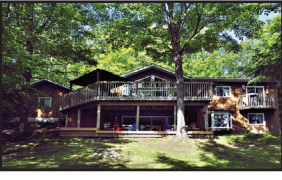


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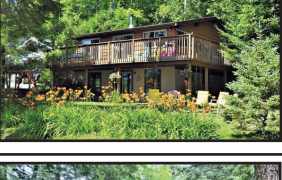
5 LAKE CHAIN **\$474,900**

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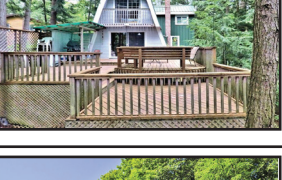
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Writers invited to literary roundtable

Writers grab your pens. There will be a literary roundtable at the Red Umbrella Inn on Sept. 23, from 11 a.m. to 2 p.m.. The roundtable is a collaborative initiative with the Reading-Writing Connection (RWC). The purpose of this round table is to provide writers with an opportunity for their voices to be heard and for strategies to be developed to create synergies amongst artists that will enhance the experience of being a writer in the Haliburton Highlands.

Renée Woltz, board member of ACHH, states that, “Providing opportunities for communication and sharing within the arts community is part of the mandate of the Arts Council of Haliburton Highlands. The ultimate goal is to promote arts education opportunities, professional development for artists, and to serve as a voice for arts culture and heritage locally and regionally.”

In fulfilling its mandate, the ACHH launched a roundtable for Performance Artists (PAR) in 2008, and then a Visual Artists and Artisans Roundtable (VAAR) in 2016. These roundtables bring artists and artisans together to discuss issues of common interest, provide learning opportunities, and strengthen the network of artists within our community. The ACHH is pleased to be reaching out to another very impor-

tant group of artists in the Haliburton Highlands, literary artists, and we hope that this will be the first of many literary artists roundtable gatherings.

The RWC is a writer’s support group, which partners with the Haliburton County Library. The group meets twice monthly with the goal of providing support to people who wish to enhance their skills or who simply wish to be part of a stimulating group that discusses literary issues. Observing the results of the Visual and Performing Arts Round Tables members of the group decided to approach the ACHH in an effort to develop opportunities for writers, much like those being developed for visual and performing artists.

Marie Gage, of the RWC, stated that “The round tables are not just about meeting the needs of artists in each of the three media categories, separately. The committee hopes it will inspire future round tables, and spawn projects that include artists of various media.”

Through the three round tables the ACHH hopes to continue to enable local artists to provide leadership in the arts and to be positioned to secure funding that will facilitate further development. An example of such funding support is a grant that has already been secured for the Performing Arts in Rural Communities (SPARC) Project. In 2016, the ACHH was successful in obtaining a grant from the Ontario Trillium Foundation for a three year project to create a network for producers, presenters and creators in the performing arts in rural and remote Ontario. This network will connect performing artists online and at biyearly symposiums.

The Red Umbrella Inn is located at 1075 Red Umbrella Road. Admission is free and The Red Umbrella Inn will provide a light lunch for purchase. Lunch is incorporated into the roundtables both an informal time for socializing and a time for the formal reporting back of results of earlier exercises. To ensure the appropriate amount of food is available, please RSVP to Irene Davidson-Fisher at: idf@sym-patico.ca

-Submitted

CountyLife

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Annual hiking festival has something for everyone

DARREM LUM

County Life Staff

As the leaves of the forest begin to radiate the brilliance of the autumn season with its crimson hues, alluring ambers and glittering golds, hikers from all over are waiting in anticipation for the upcoming 15th annual Hike Haliburton Festival.

There are hikes taking place all over Haliburton County from Thursday, Sept. 21 to Sunday, Sept. 24.

Organizer Barrie Martin calls this a signature event for the county.

“One reason it’s a signature event is that it’s happening everywhere across the county,” he said.

With 92 hikes in every municipality from Minden Hills to Dysart et al to Algonquin Highlands and to Highlands East, the festival’s lineup is a true showcase of the Highlands and offers something for everyone.

The total number of hikes exceeds last year’s lineup of 85 with a third of hikes that either have a new leader or an entirely new offer. There are enough new aspects to this festival that it will keep returning participants interested, Martin said.

Martin said Hike Haliburton drew close to 40 per cent of participants locally while another 40 per cent were cottagers, who had another reason to visit the area after Thanksgiving, not including the long-standing studio tour last year. Getting more participation means greater exposure for the county because of friends and family of cottagers that also come to the area for the event. The remaining 20 per cent are people who have come specifically for the festival, Martin adds.

He said this festival also enables hikers a unique chance to gain access to many trails on private property.

Among the many hikes still open, but are standouts for their uniqueness Martin suggested the Hike and Climb on Thursday, Sept. 21 and Hike a Homestead on the last day, Sunday, Sept. 24.

Hike and Climb offers participants as young as four an opportunity to learn the basics of rock climbing (all equipment provided) and to hike, as it is led by Lorne Foisy of Basecamp 35.

Participants will meet at the Old Firehouse Restaurant, located on Hwy. 35 at the Ox Narrows.

Hike a Homestead takes people back to basics, showcasing life on a homestead during the early days of the Highlands. Discover the way gardening is done on the Canadian Shield and learn about the history of farming in Haliburton. See the



The trail on the Redstone Lookout hike overlooks, of course, Redstone Lake. File photo

aforementioned and how contemporary agriculture is performed in Haliburton from hike leaders Andrew and Kira von Zuben at their Bedrock and Brambles property at 493 Salmon Lake in Gooderham.

Imagine the Highlands filled with the sounds of the bagpipes.

This year, for the first time, the festival is offering the Highland Hill Walking hike with Corina Mansfield of Deep Roots Adventure and the pipe major of the Haliburton Highlanders Andrew Mansfield on Saturday morning, Sept. 23 at Silent Lake Provincial Park. The three kilometre hike will offer an interpretative component accompanied by the music of the Highlands.

This event isn’t just about hiking.

In addition to its diverse collection of guided trips, Hike Haliburton also offers festival events such as concerts with Ginger St. James, the Fall Equinox Sacred Fire, a concert with Lynn Myles with Keith Glass, Hike Ontario AGM and presentations (and workshops), Family Harvest Festival, Oxtongue Lake for Arts and Culture Artist’s Day Festival, Fall Harvest Pork Dinner, the First Autumn Open House, Haliburton Highland’s Biggest Picnic Ever and the Blister Ball.

The Blister Ball on Saturday night at the Royal Canadian Legion in Haliburton will be rocking with classic rock, blues and country music performed by local band Custom Blend at 7:30 p.m. They are Walt Tose, Andy Salvatori, Cathy Salvatori, Bill Hutson, Charlie Davis and Dave Bathe.

Tickets are \$20 per person and can be purchased at the Source, Canoe FM in Haliburton, the Organic Times in Minden and at www.haliburtonfolk.com online.

For more information and to register for the festival hikes see hikehaliburton.com.

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A stitch in time at Minden quilt showcase

SUE TIFFIN

County Life Staff

An impressive amount of work, skill, creativity, history and maybe even a bit of blood, sweat and tears was represented in the form of quilts – 85 in total – that filled the Minden Community Centre on Sept. 9 and 10 as part of the Canada Rocks Quilt Show presented by the Haliburton Highlands Quilt Guild.

"The show is important for exposure to showcase the artists we have within our guild, and to promote it," said Judith Cole, HHQG president. "It's been fabulous, with lots of positive remarks."

The Haliburton Highlands Quilt Guild has 75 active members, many who were at the event sharing the works they had put hours and hours of effort into creating.

Cole said she was "over the moon" with the turnout at this year's event.

Pat Stiver, who only started quilting after she retired, was showing two of her award-winning quilts, which recently took first prize at the Kinmount Fair.

"It's the first time I've entered in the fair, and I won first prize on both," she said. "It's so encouraging. I didn't expect to win. I'm happy I got a ribbon."

Stiver said she was warmly welcomed by the HHQG when she joined about a decade ago, and has learned immensely from members of the group. She was able to share some of her skills with a nine-year-old girl, who then went on to win a ribbon of her own at the Kinmount Fair.

"I'm always surprised by the number of young people wanting to quilt," she said. "It's not a dying art anymore."

Debra Tammi was exuberant with passion for quilting – with good reason, it's been in her family for generations.

"We do it for different reasons," she said, pointing out the history behind the patterns, the details and care in each quilt, and the dedications to family members and important events behind the work.

Tammi stressed that newcomers could join the guild at any stage of their lives, showing off one example at the quilt show created by a 92-year-old member.

"It doesn't matter if you're 17, or 74 or 94," she said. "We will teach you how to do it."

The Haliburton Highlands Quilt Guild meets on the second Wednesday of each month from 1 to 3 p.m. at the Stanhope Community Centre in Algonquin Highlands.



The Canada Rocks Quilt Show presented by the Haliburton Highlands Quilt Guild took place at the Minden Hills Community Centre Sept. 9 and 10./SUE TIFFIN staff

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Editorial



Ritchie Falls/JENN WATTstaff

Harvest season

KATE BUTLER

Special to *County Life*

Nowadays we think of early autumn as the season for pumpkin spice everything, but the fall brought a whole new set of tasks to the lives of early settlers in this area – it was preserving time! In the late summer, as the crops began to be harvested, plans needed to be made to keep the fragile foodstuffs throughout a harsh winter. In an era before refrigeration, some vegetables could be kept in the root cellar, but more delicate fruits needed special treatment. They were such a precious resource that it was deemed worthwhile to purchase sugar to make jams, jellies and syrups. In the Victorian era, sugar, coming from more tropical climates, was a “necessary” luxury. It travelled over long distances in the holds of ships to eventually make its way to the kitchens of Haliburton County. In fact, it was such a treasure that a cone of sugar was actually considered an appropriate wedding gift! These cones of sugar needed to be snipped with sugar tongs before being pounded with a mortar and pestle to make something similar to the bags of white sugar we can buy in our grocery stores today.

At this time of year, Victorian kitchens around the county would have been hives of activity, with every available pair of hands chopping, stirring and measuring in a steamy kitchen. Before modern canning jars made their way to the area, lids might be made of paper soaked in egg white to seal its pores or even with lids made of animal bladder soaked in water and stretched to give a good seal. Even eggs themselves might be preserved for the winter, as the chickens were likely to produce far fewer in the colder months. It was said that by coating egg shells in lard, eggs would keep as fresh as the day they were laid for up to seven months. Even butter made this time of year might be stored, the salt we use to add flavour being added as a preservative agent. Eventually, as autumn drew to a close, families could relax, knowing that their harvest was safely stored. In the spirit of this tradition, I hope everyone heads out to support the last few farmers’ markets of the season and see what preserves are available or perhaps buy some produce and do some preserving of your own!

Of course, harvest time was also a time for early settlers to celebrate with gatherings, dances and a bit of indulgence. Later this month, we hope you’ll come out to celebrate autumn with a Haliburton tradition – ColourFest! On Sept. 30, in Head Lake Park, the Haliburton Highlands Museum will be hosting a scarecrow contest. There are three categories in which you can win – most artistic, most Canadian and scariest scarecrow – so put your thinking caps on! Bring your own decorations or check out our “tickle trunk” – or both! For more info, contact us at the museum: 705-457-2760 or info@haliburtonhighlandsmuseum.com.

Kate Butler is the director of the Haliburton Highlands Museum.

Ten reasons to wear camouflage

RECENTLY, THE province celebrated camo day. Don’t be upset if you never noticed its passing – that just means it was a great success. I appreciate the sentiment of setting aside one day to celebrate what occupies most of my closet, but I’d also like to point out there are plenty of good reasons to wear camo every day. Here are 10:

1. It is slimming, unless you stand beside a willow.
2. You can tell people this is what you meant when you said you were a leaf fan.



STEVE GALEA
Humour Columnist

3. You can hide in the produce section.
4. It ups the odds of hitching rides on the little wagons in greenhouse nurseries.
5. It’s another fun way to surprise joggers!
6. When you wear camo, face paint doesn’t look so strange.
7. It could help your spouse determine where she should plant that new shrub.
8. It goes well with your favourite tie.
9. Nothing hides a mustard stain better.
10. The next dog that tries to lift its leg on a shrub on your lawn is in for quite a surprise.

**Have a thought,
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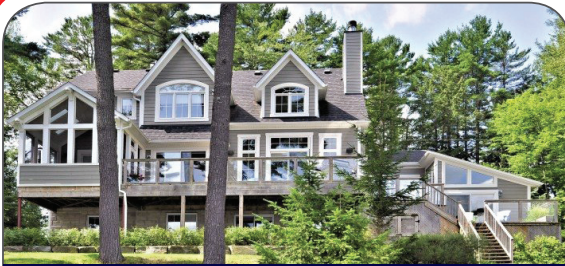


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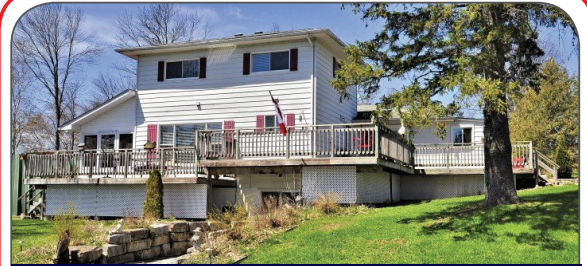
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Bands, brews and festivals abound

GEORGE FARRELL

Special to *County Life*

As some of you might know I've been booking blues bands into the Highlands for the last six years or so, and it's gratifying to see that now the blues has a real presence here, whereas previously the genre was tenuous at best. I've always wanted to sing in a blues band, and so, after a year of rehearsing, our band Cheeky Monkey is set to come out of its cage and perform at the open mic at the Dominion Hotel in Minden, on Friday Oct. 6. So come on by to hiss, boo, throw rotten tomatoes, (no bananas please), or simply enjoy our selection of blues standards.

As to this year's blues bookings it looks like the Canadian Blues Legends series is set to go again, at the Dominion. So keep an eye open for the line-up and dates. The Dominion has proved a great place to hear music, both local and imported, but I've always thought that what is lacking in our very crowded entertainment calendar is a music festival. Yes, I know we already have the very successful Forest Festival, but what I have in mind is something slightly different, and more accessible.

An idea came to me as I was reading the August edition of *Haliburton Life* magazine recently, where there was a story about beer festivals, and it got me to thinking. Now, while it's one thing to sit around with friends drinking craft beers at a festival, it wouldn't be the same without music to accompany the brews and the bonhomie. So for me, my ideal festival would be one that featured blues and craft beer. Now I have to admit that not everybody likes or understands the blues, so I thought that perhaps jazz could be added to create a jazz, blues and beer fest.

I've been toying with the idea of a jazz/blues festival for a couple of years now, and I'm slated to meet with others who are also interested in the concept, sometime soon. I had initially thought of an indoor festival using several venues in the Highlands, and that might still be how things pan out, but the addition of a craft beer element in an outdoor location, seemed like a good alternative. Now I know that there have been other would-be promoters of music festivals in the Highlands that have come up against opposition from worried residents and municipal decision-makers. So the venue and crowd management are definitely important considerations. But taking my cue from the recent, and very successful Haliburton Drumfest in Head Lake Park, I think a jazz/blues/beerfest in such a location is eminently do-able.

I think it's an idea whose time has come. Over the last 10 years there's been a great rise in the popularity of craft beer, and in the Highlands we have two successful breweries. In the *Haliburton Life* story penned by Robin LeBlanc, he or she mentions that beer festivals "are one of the few places where you can explore a much larger selection (of beers), with the advantage of having them served in small sampling(s)..." LeBlanc mentions two beer festivals in cottage country; "Funk Fest" in Gravenhurst and "Session Muskoka," in Bracebridge. The Bracebridge event is sponsored by Metroland Media Ltd, (the publishers of both *Muskoka Life* and *Haliburton Life* magazines), and produced by the excellent Griffin Gastropub, which I frequent, whenever I'm in Bracebridge.

See the parallel here? In Muskoka they have their craft breweries, as do we. So why not have Metroland Media team up with, say, Rhubarb, which also owns Boshkung Brewing? In Bracebridge this year's edition of Session Muskoka featured "...27 breweries, five food vendors, multiple live music acts, and

an attendee count in the thousands," according to LeBlanc. An event in the Highlands would probably be smaller, but maybe also more intimate, and easier to stage and manage.

We already have Jazz at the Museum, blues at the Dominion and at several folk society events. Is a beer festival which incorporates those musical genres such a stretch? It would be unique, and would certainly open the doors to tasting other brews, including my favourite from the Old Flame Brewery in Port Perry. In the meantime why not get a hint of what could be happening in the future by coming to the Dominion, in the evening of Oct 6, to hear Cheeky Monkey and other performers. You can sip and sup, hear some blues, and let me know what you think of the festival idea.

Point in Time Centre for Children, Youth and Parents and Haliburton Highlands Mental Health Services

would like to remind the community that we provide quick and supportive access to mental health and counselling services.

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Youth can also call us directly.

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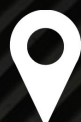
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Skate park gets ready to roll

Construction set to begin within a month on \$210,000 project

DARREN LUM

County Life Staff

Construction is set to begin on the Haliburton Junction Skate Park close to the first week of October, said Dysart et al's recreation program co-ordinator Andrea Mueller.

"I think we're really excited and see that we finally reached our goal, having the skate park. It's something ... anybody ... can use, especially the youth in our community," she said.

Mueller said construction will take from four to six weeks to complete by Radius Contracting Incorporated, depending on the weather.

The original design has evolved to include elevation changes and has an enhanced flow.

"You can ride from one end to the other doing something, a trick or a feature without having to stop," she said.

The list of permanent features were increased and include ledges, a mini-quarter pipe, grind boxes, rails, a bowl that is a little more than one metre deep, and a few rollers, Mueller said.

These changes were made in response to the skateboard park committee's requests. It was designed for more than just skateboarders, as it also accommodates scooters, rollerbladers and BMX bikes. This park will be ideal for beginners to advanced riders/skaters. The final design was sent to the township earlier this summer. The approximately 6,000-square-foot park will use a special grade of concrete and will have its edges on the perimeter reinforced for greater robustness.

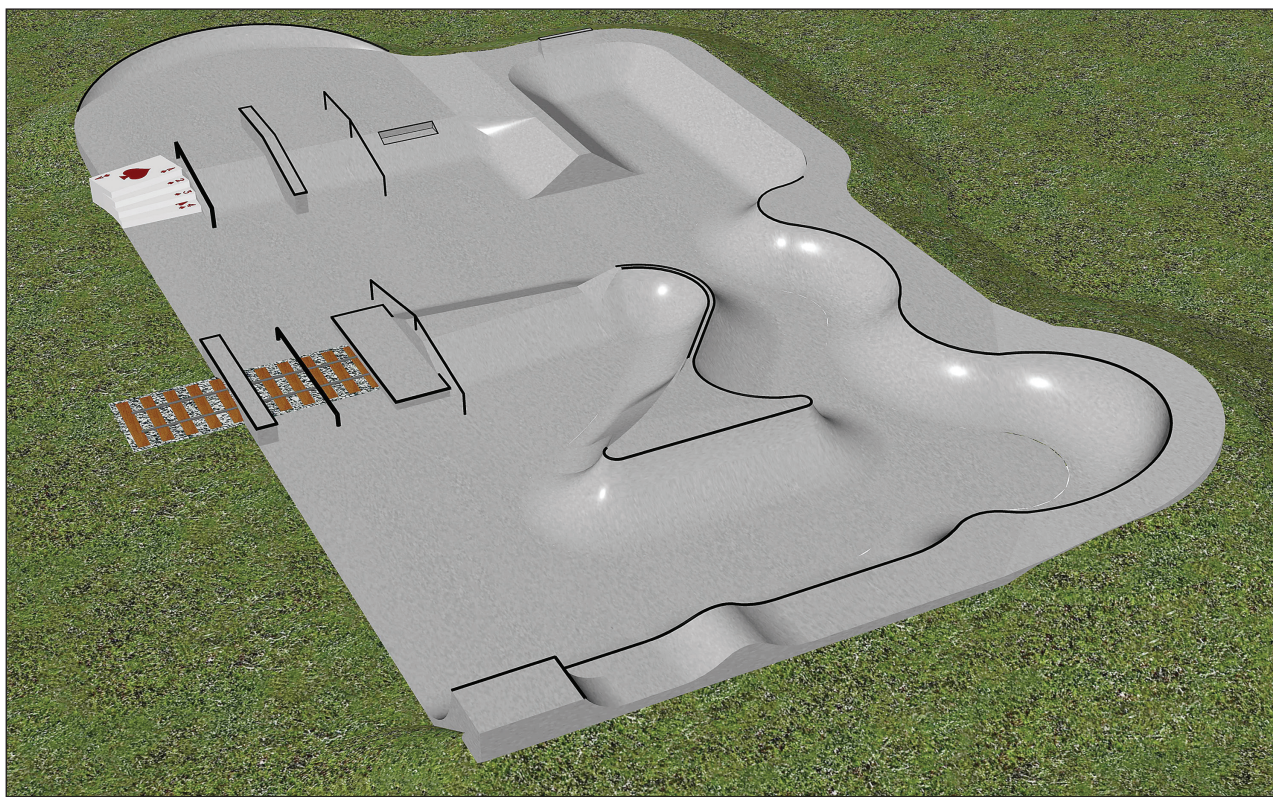
It will be located close to the Haliburton County Emergency Medical Services station in the former ball diamond, between the arena and the township office. The addition is part of greater enhancement of the area, which most recently included A.J. LaRue Arena receiving its new entranceway created by Haliburton School of Art and Design students and paid for by Rotary Club of Haliburton.

What started as a \$75,000 project has grown into a \$210,000 project.

Mueller said the park's cost has grown out of necessity.

"That was going with the old location," she said, referring to the site close to the library.

"When we realized that the groundwork would be \$30,000 before we saw anything above ground it was like what's the point, so we increased it to \$150,000. It's grown to [\$210,000]."



This rendering by JWP Design of the new Haliburton skate park shows the variety of features, change of elevation and the moulded contours of concrete allowing skaters and riders to transition from one area to another. /Submitted by Dysart et al

Mueller said there has been \$170,000 fundraised, but the township is still accepting financial donations and will accept flexible terms of payment so donations do not need to be paid in one lump sum.

Donations can also be in-kind donations such as materials, or accommodations for the crew of Radius Contracting Incorporated. They require accommodation for up to four people for part of, or all of, the time required. Every little bit helps, Mueller said.

Contact Mueller at amueller@dysartetal.ca or phone her at 705-457-1740 ext. 35.

Donations of \$50 or more will receive a tax receipt. A donor wall will be erected at the site and include donors, who give more than \$1,000. Donations will be accepted at the township office or by mail: Haliburton Junction Skate Park, 135 Maple Avenue, P.O. Box 389, Haliburton, ON, K0M 1S0.

There are tentative plans for a fundraiser event before

December and, like other years, the Battle of the Bands is scheduled for this coming February.

Mueller and the township appreciate any help, which has come from individuals and local businesses.

She said the Beer Store in Haliburton has facilitated the collection of money from donated empties at the request of donors to contribute to the skate park.

Total Site Services has committed to providing in-kind services in the form of site-preparation work, Mueller said.

Once the park is built there will be workshops held with fees to help pay for the remaining balance for the project.

There will be a ceremonial grand opening this spring, she said.

This project will enhance what the village offers.

"Family can spend some time there and even if everyone can't use the skate park they can use the surrounding area as well," she said.

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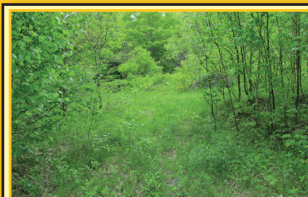
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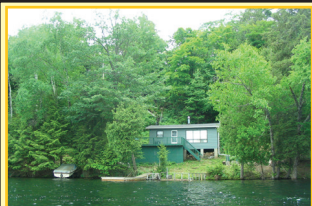
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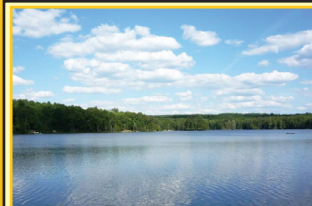
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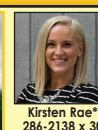
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- Part of a fantastic 2 lake chain!



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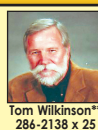
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Jazzin' up the county with Zoe Chilco

Too many things you didn't get to this summer? In the interlude between the jam-packed busy season and the upcoming Thanksgiving festivities, here's entertainment to both relax and excite you:

Harkening back to 2004, when Zoe Chilco presented the first of seven annual performances with Canadian jazz legend and pianist Norm Amadio and bassist Jack McFadden, Zoe will once again be singing – this time accompanied by guitarist Mike Allen, and bassist Ron Johnston, musicians whose many years of experience playing behind some of the biggest and best names in the business will guarantee an evening of enjoyable, listenable, and very memorable dance music.

Mike Allen, guitarist, has been playing in the GTA for almost 40 years, with artists such as Patti Page, Zamfir, the Nylons, George Olliver, John MacDermott, Bob DeAngelis. He has also played pops concerts with orchestras in Hamilton, Kitchener-Waterloo and Windsor, as well as in shows Mamma Mia, All Shook

Up, Saturday Night Fever (US tour), and ShowBoat, among others.

Ron Johnston, bassist, is a past member of Kollage, co-winning band of the National Jazz Award for best acoustic group in 2004. He has played with Peter Appleyard, Earl Hines, Jodie Drake, Ada Lee, Maxine Sullivan, Doc Cheatham, among others; performed on many TV shows and was in the Oscar-winning film "Chicago."

Zoe has been singing and recording jazz and blues standards, plus her own originals for 25 years, and she will once again bring out her range of music and vocals to seduce and delight you. When she's not singing, the band will take off with some of your favourite instrumentals. There will be room to dance! And of course, the bar will be open for business.

And here's the best part: Unlike a lot of events, the cost will not blow your budget: \$15 per person, or \$25 per couple. At this price you won't see or hear a concert of this calibre anywhere.

And like it says in a well-known Canadian song - "Good Times Guaranteed."

Saturday, Sept. 30, from 8 to 11 p.m. at The Minden Legion, Hwy. 35 and County

Road 21.

Tickets are available at the Legion 705-286-4541 or at Canoe FM 705-457-1009.

-Submitted



How to help victims of elder abuse

ROBERT MACKENZIE

County Life Staff

Haliburton Highlands Health Services is looking to start a conversation about elder abuse and fraud in Haliburton at the Need to Know information session Sept. 27.

It's Not Right is the title of the two upcoming presentations that will focus on protecting elders from abuse and fraud, and is the latest in the Haliburton Highlands' Community Education Series. These Need to Know sessions bring social and health related topics of interest to the attention of the community, according to community education and outreach representative Sheri McKeen.

The upcoming talks will be held at 2 p.m. in the Wilberforce Legion and at 6 p.m. in the Haliburton Highlands Museum.

Shauna MacEachern of the Haliburton Kawartha Lakes Elder Abuse Prevention Network will give a presentation about the importance of starting a conversation with victims of elder abuse, and what other steps bystanders can take to help.

According to McKeen, one of the best things a bystander can do in a situation like this is to acknowledge and be aware of the abuse.

"A lot of times people are very reluctant to get involved because they don't think it's any of their business, or because they think it's a much bigger issue," McKeen said. "Knowledge is power and the more that we're able to educate each other and others in the community about what is elder abuse and where to get help makes a big difference."

Haliburton Highlands OPP community service officer Dianna Dauphinee will be giving a presentation on the current fraud trends and common scams, along with how to make your home less vulnerable to those scams.

McKeen said that presentations like this are especially important in a community like Haliburton, with a large aging and retired population. "[Elder abuse education] is important in all communities, but Haliburton County in particular based on the demographics. And there can be a lot of isolation based on geography, which can be a barrier to someone who needs to get help."

Saturday, September 30th

11am – 3pm

- Buskers & Performers
- Classic Car Show
- Dysart Fire Department
- Youth Unlimited Kids Zone & Bouncy Castle
- Pumpkin Rolling Contest
- Horse-Drawn Wagon Rides
- Come Build a Scarecrow
- RPM Boat Rides
- ColourFest Farmers' Market
- ColourFest Photo Booth
- Minnow Races
- NEW! Face Painting
- NEW! Rails End Gallery "Paint the Town"

Haliburton & District
Lions Club

BBQ

11am – 3pm

Roast Beef Dinner

at St. George's
Anglican Church
5pm & 6:30pm



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Learn therapeutic touch

The Haliburton Highlands Branch of the Therapeutic Touch Network of Ontario is pleased to inform our community that we have a therapeutic touch recognized teacher in Haliburton County, Susan Keith RN, TTRT. Susan will be offering Level 1, 2 and 3 workshops in the future. This is exciting news as residents over the past couple of years had had to travel out of the area to take initial training or refresher workshops since our past teacher, Marilyn Annie Mighton moved away.

Susan Keith is a Registered Nurse (Retired) with a Certificate in Holistic Health Practices. She began practising Therapeutic Touch® in 1995 and is a Recognized Therapeutic Touch Practitioner and Teacher. As well as serving as a therapeutic touch practitioner in hospice for 12 years, Susan was also a member of the Board of Directors of The Therapeutic Touch Network of Ontario (TTNO) for eight years. Her experience as an R.N., combined with her Therapeutic Touch Practice, brings together a knowledgeable, balanced approach to teaching and healing.

Learn or refresh therapeutic touch in Haliburton from 8:30 a.m. to 5:30 p.m. on these dates:

- Level 1 - Saturday, Oct. 21, 2017
- Level 3 - Saturday, Nov. 18, 2017
- Level 1 - Saturday, January 13, 2018
- Level 2 - Saturday, January 20, 2018
- Level 3 - Saturday, April 14, 2018

For further information or to register, contact Susan Keith, RN; TTRT, at: ch.concepts@sympatico.ca or call 705-457-3981.

What is therapeutic touch?

A holistic, evidence based therapy that is not only used widely in Ontario hospices, hospitals and wellness clinics, but is an effective therapy that can be used by families in their homes. It helps to reduce anxiety and stress, promote relaxation and sleep, manage pain and boost your immune system. Once a person is trained in the technique, Therapeutic Touch

can be used effectively for self-care.

Come out and learn or refresh

Basic training consists of three levels offered consecutively over six months in three, nine-hour workshops. Workshops provide an introduction to the Krieger-Kunz method of practise including underlying concepts. You will learn about the human energy system, its interconnection with the physical body and how therapeutic touch can help restore balance and well being.

Learning is enhanced through exercises to experience the human energy field and hands on practice of the method. Held in a friendly adult learning environment, there is ample opportunity for discussion and practice with supervision and feedback.

Our branch continues to spread the therapeutic touch message and share the benefits of Therapeutic Touch throughout our community with families, friends and pets, as well as: monthly at Extendicare,

Abbey Retreat Centre, HHHS Hospice, Highland Woods, Community Wellness Fairs and at an inaugural TTNO CARE150 provincial initiative in May. We would like to thank Neva Hobden, a resident of Extendicare, for her passionate testimonial of her therapeutic touch sessions. "I really look forward to having a Therapeutic Touch session every month. As you are having 'it' you can feel your body and mind relaxing and for two or three days after, you are still relaxed. It is like something just flows out of you. Keep up the good work ladies."

If you would like more information about our Haliburton Highlands Therapeutic Branch or are interested in joining our monthly meetings please contact Bonnie Roe at 705-286-2414 or email bonnieroe08@gmail.com.

Please check out the TTNO website: www.therapeutictouchontario.org

Winter Guide

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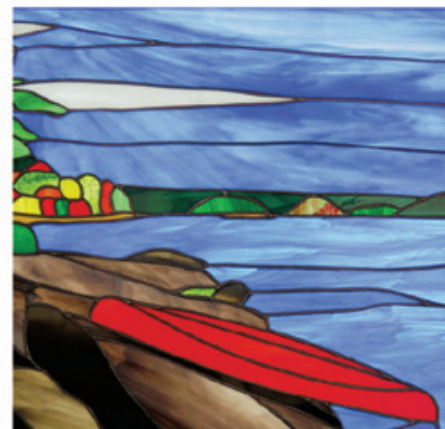


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Take Back the Night for victims of sexual assault

JENN WATT

County Life Editor

One out of every three women in Ontario will experience some form of sexual assault in her lifetime. According to a report issued by the province in 2015, "there are 460,000 sexual assaults in Canada each year."

However, in Haliburton County, very few women seek help through the Kawartha Sexual Assault Centre.

Lisa Clarke, community engagement manager with KSAC, said in rural areas, there is generally less willingness to come forward following a sexual assault because of the tightly knit environment of a small community.

"It isn't necessarily safe in a rural environment," she said in an interview with the paper.

"So many people are harmed by people they know. It's not actually safe to talk about what's going on."

For many years, those seeking counselling and other services to address the impact of sexual assault (both during childhood and adulthood) would need to travel to Lindsay or Peterborough to meet up with a staff member. Now, there are more options including video counselling using a secure connection and weekend web chats via the KSAC website.

However, there are still significant barriers to speaking out and to seeking help, which is why Clarke hopes members of the Haliburton County community will join in this year's Take Back the Night candlelight walk in Haliburton on Thursday, Sept. 21.

"Take Back the Night is specifi-

cally around anti-sexual violence and harassment," Clarke said. "When people gather together, we're speaking out [to say] that we want to prevent sexual violence and harassment. We want to be part of a solution, of a caring and inclusive community, and we're willing to put ourselves and our voices together toward this cause for ourselves, our friends, family and our children."

A rally and walk through the village has multiple purposes. It offers the chance to start conversations in the community about sexual violence and harassment and to offer support to those who have been targets of this violence. When many people come to stand together, it also shows that the community supports those who have experienced this kind of violence. It also people to participate as part of a group, without feeling that they need to stand alone.

"When we all stand together, when friends, families, politicians, support workers, youth, parents, all come out together to walk, then people can remain anonymous if they're not ready to share their stories, but they can walk together with people they know can support them in the community," Clarke said.

The first Take Back the Night march was in response to the 1975 murder of Susan Alexander Speeth, a microbiologist in Philadelphia. Marches and rallies were held around the world and have continued ever since. Originally, the events were women only to allow women to "demonstrate that women united can resist fear and violence," Clarke said. However, over time, the rallies were opened to everyone who wanted to stand against violence, "though violence against women is still the top focus."

KSAC has partnered with Fleming College on the walk and is holding four simultaneous events in Cobourg, Peterborough, Lindsay and Haliburton – all towns that include a Fleming campus.

"We thought that it would be a really great partnership to be able to utilize Fleming's four campuses and that way we can get into all of the different communities in which we wanted to run these kind of events," said Amie Kroes, student rights and responsibilities officer at Fleming College. "It's a mutual positive relationship."

Partnering with KSAC sends a mes-

sage to Fleming students and the wider population, she said.

"We, as a college, identify this as an issue. We, as a college, want to take a stand on this issue," Kroes said. "We're not just going to say this is an issue. We're going to do something about it. There's a genuine community commitment to making our world a better place."

Recently, KSAC has been expanding its services into the smaller communities it serves, bringing counselling services one day a week to Cobourg and Lindsay.

Clarke said her organization is hoping to hear from the Haliburton County population about what services it needs.

"There's lots of options, but we need to understand what's the interest; what's the need up in the county," she said. "The centre would like to hear from survivors of sexual abuse and sexual assault if they are interested in having more localized services and contact the centre to learn more about video counselling, weekend web chat and other options."

Take Back the Night is Thursday, Sept. 21, starting at 7 p.m. at the Haliburton Highlands Secondary School athletic field. There will be a rally with guest speakers, spoken word poetry and music followed by a candlelight walk at 7:30 p.m. from the field along the waterfront, to York Street, making its way to Highland Street and then back to the field again.



Lisa Clarke of the Kawartha Sexual Assault Centre stands with her placard before the walk from the high school to the park in Haliburton during the 2016 Take Back the Night march. This year's walk is Sept. 21 at the HHSS athletic field at 7 p.m. /JENN WATT Staff

Weekend web chats are Friday, Saturday and Sunday evenings from 7 p.m. to 11 p.m. The chat is a free, anonymous service that connects survivors of sexual violence and harassment with professionals who can offer support. Go to kawarthasexualassaultcentre.com to access the service or to find out more about KSAC. The 24-hour crisis support line is 1-866-298-7778.

“

Take Back the Night is specifically around anti-sexual violence and harassment.

— Lisa Clarke, KSAC community engagement manager

”

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UPCOMING

Community Events



Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com.

Upcoming Events

Take Back the Night

When: Thursday, Sept. 21 at 7 p.m.
Where: Haliburton high school athletic field
Starts with rally including guest speakers, spoken word poetry and music. At 7:30 p.m. a candlelight march and 8 p.m. closing exercise. For more information, visit kawarthasexualassaultcentre.com
Haliburton County Historical Society-Harvest Pork Roast Dinner
When: Saturday, Sept. 23rd, 2017, 5:30 pm
Where: Stanhope Firefighters Community Hall, 1095 North Shore Rd.
\$25.00 (fundraiser) Music by Beth Johns/Norris Turner and Company
Phone: 705-754-0427

Literary Arts Roundtable

When: Saturday, Sept. 23, 11 a.m. to 2 p.m.
Where: Red Umbrella Inn, 1075 Red Umbrella Rd., Minden Hills
Join us for some social time and the opportunity to talk with fellow writers, poets, storytellers, playwrights, songwriters, readers and lovers of literature. Light refreshments will be available. (Hosted by the Arts Council Haliburton Highlands. You do not need to be a member of the Arts Council to attend this event.)
RSVP to idf@sympatico.ca, 705-286-9947
Haliburton: Sexual Health Clinic
When: Wednesday, September 27, 10:30 am to 12:30 pm.

The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the Health Unit at 1-866-888-4577, ext. 2205

Soup & Sandwich Luncheon at Ingoldsby United Church

When: Saturday, September 30th – 11:00 am to 4:00 pm and Sunday, October 1st – 12:00 pm to 3:00 pm
When: 1741 Ingoldsby Road
Choice of delicious soups, sandwiches, tea biscuits, tarts and beverage.
Variety of harvest, craft and handmade clothing items for purchase.

Irondale Community Centre, Dinner & Loonie Auction

When: Sat. Sept. 30, Doors open 5pm
Dinner 6 pm
Location: Gooderham Community Centre
\$20.00 per person
Ham, Scalloped Potatoes, Veg, Slaw, Dessert
Friends of the Haliburton County Library - Lunch and Learn-Robert Rotenberg

When: Wed. October 4, 2017
Where: Zion United Church, Carnarvon
Time: 12:00 pm Buffet Lunch, 1:00 pm Presentation
Price: \$20.00 (cash/chq only)
Tickets: Call Brenda Robinson at 705-457-2695
Ticket sales end Sept. 30

Knowledge Circle

The Knowledge Circles Project invites citizens in The Land Between region to share their observations/knowledge of the land and build community relationships.
Saturday Events, from 10 am – 4 pm:
October 14 in Buckhorn, Buckhorn Community Centre, 1801 Lakehurst Rd.
Registration is required (the event is free, including lunch): Contact Leora Berman at

705-457-4838 or info@thelandbetween.ca or register online at knowledgecircles.ca

Therapeutic Touch Workshop Level 2 (Learn or Refresh)

When: Saturday October 21, 9 am - 5 pm
For more information please contact Susan Keith, RN/TTTRT, 705 457 3981 or email ch.concepts@sympatico.ca

Legion Events

Branch 624, Wilberforce

Friday Wing night 6:30-9:00pm
Jam Session 7:30pm

Saturday Meat Draw 2:00 pm Early bird

3pm SHARP
Monday Bid Euchre 7:00pm Beginners welcome

Wednesday Fun Darts 7:30pm

Thursday Youth group 6:30-8:30pm

Branch 129, Haliburton

Dave Allen, PRO 705-457-2571

Mondays: Bridge every Monday at 1pm

Tuesdays: Tuesday Night Dart League

starting at 7pm

Wednesdays: Bid Euchre 1 pm start

Bingo Doors open at 6 pm,

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Wednesday of the month.

Thursdays: General Meeting 3rd Thursday

of the month starting at 7 pm.

All members urged to attend.

Ladies Auxiliary last Thursday of

the month at 1pm.

Fridays: Cribbage 1pm start,

Meat Draw Five Draws, Five

Prizes each draw, First draw at

4:30 pm, Last draw at 6:30 pm,

Tickets are \$2 per draw.

Chester Howse, MC

Friday fun darts - 4:30pm

onwards

Saturdays: 50/50 Draw 4 pm draw,

Tickets are \$1 each from noon

onwards

Sundays: Breakfast Second and fourth Sunday of the month – 9:30 am – 1 pm. \$6 per person. Occasional volunteers are needed.

Legion Week - Sunday Sept. 17 through Saturday 23. 14th Annual Open Mixed John Briggs Memorial Dart Tournament 10am start Saturday, Sept. 30th in the Main Hall. \$60 per team - \$1400 pay out. For more information or to pre-register by September 27th, contact Chris Briggs at (705) 457-1724 or chrisbriggs_01@hotmail.com. Whether you're planning a function for 10 or 200, for more information call the Legion today at (705) 457- 2571, email rc129@bellnet.ca or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129, everyone is welcome!

Branch 636, Minden 705-286-4541

Ladies Darts, Wednesday, 1-4 p.m.

Bid Euchre, Tuesday, 1 p.m.

Euchre, Thursday, 7 p.m.

Fish/Wings & Chips, Friday, 12-2 p.m. and 5-7 p.m.

Mixed darts, Friday 7:30 p.m.

Big euchre, first Sunday of the month (except holidays), noon, \$12

Sports Fan Day, Sunday, 12-4 p.m.

Lunch menu, Monday – Friday, 12-2 p.m.

Liver lover's special, Tuesday 12-2 p.m. (full menu also)

Meat Draw, Wednesday lunch time.

Upcoming Events: Please listen to local radio regarding our special Saturday events.

Branch 441 Kinmount

PRO Raquel Linton 705-488-3191

Mondays: Seniors cards, pot luck lunch 1230 followed by Bid Euchre

Family Fun Bingo 630pm

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Wednesday: Drop In Darts

Fridays: Bingo 6:45 all welcome \$300

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Saturdays: 5pm Meat Draw

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The ring

Pugilists of all abilities are getting ready for another intensive six week boxing training course in Minden.

Page 14

Inside

Results and photos of the annual Haliburton County Fair which ran over the August 20-22 weekend start on...

Page 25

The Fair

**Live Band
Tara Tuma**

Friday, Saturday, Sunday
till 1 a.m.

The World Famous
ROCKCLIFFE
Main Street Tavern

The Times

65¢

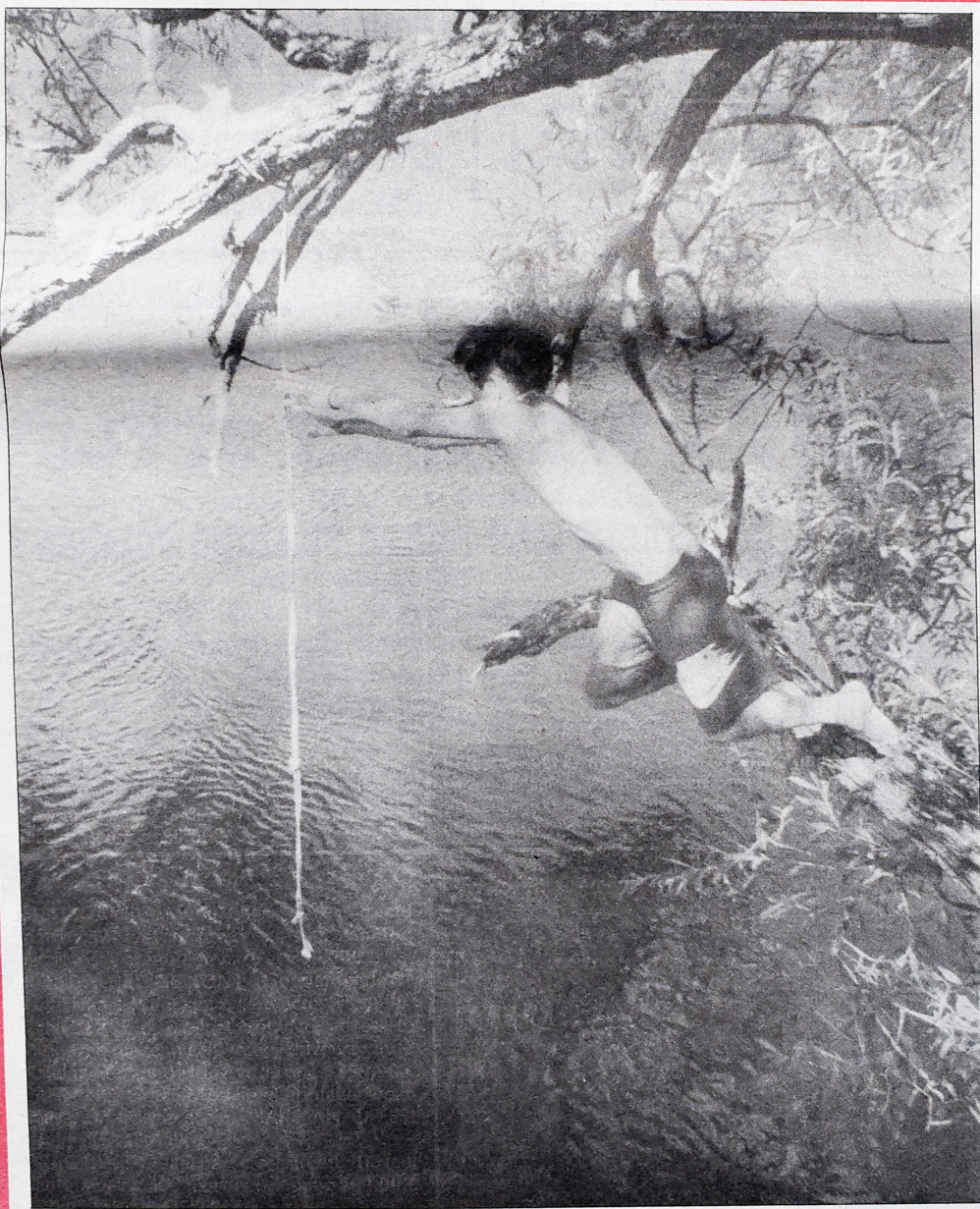
61¢ plus 4¢ GST

Number 1592



Monday, August 30, 1993

HEAT RELIEF



The huge willows stretching out over the Gull River were popular jumping off points for youths escaping last week's heat wave. Swimming holes throughout the county were busy places last week, and Minden's Rotary Park seemed to draw more than its share of people out looking for a bit of shade and a cool place to swim.

Black liquor's no time bomb, study proves

by Russ Duhaime

Black liquor does not deserve its growing reputation as a toxic time bomb, the latest scientific data illustrates.

As long as people don't start drinking it straight up, there's no reason to worry about the dioxin content, a report prepared for the Ministry of Health indicates. The dioxin content of black liquor "does not warrant concern to human health."

Tests also show that use of this dust suppressant does not increase the level of metals in roadside vegetation or ditches.

This information is published in a ministry report, entitled "A study of Dust Suppressants in Ontario." The report, which contains information on the toxicity of the various dust suppressants in use in Ontario, will be distributed to municipalities later this week.

Haliburton county municipalities have been confronted by residents who insist that black liquor is an environmental threat. Minden council reluctantly bent to the pressure and suspended the use of this product on Soyers Lake Road.

Black liquor is a by-product of the pulp and paper industry. The Domtar mill in Trenton provides it for free to municipalities to use to control dust and bind the surface of gravel roads.

The Soyers Lake suspension is viewed by council as a test project to see what happens to untreated gravel roads. The residents who insisted on this suspension were also to provide council with further information on the toxicity of the product, as well as some alternatives.

Two weeks ago, council began hearing complaints from Soyers Lake residents about flying dust from passing cars. Although there was still no solid evidence

(more on page 2)

**Soyers Lake
Ratepayers are
upset about the
'misinformation'
regarding
black liquor.**

See page 10

The Times closed on Aug. 31, Sept. 6

The Times office will be closed Tuesday, August 31 in order to allow staff to attend an important, educational seminar. We apologize for any inconvenience caused by this closing. Please note, the deadlines for next week's edition remain the same; Thursday at noon for classified advertising and Thursday at 4 p.m. for display advertising.

The Times office will also be closed next Monday, Labour Day. The next edition of the paper will be available in stores and through the post office Tuesday morning, September 7.

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From humble beginnings in 1953, we have grown to become a recognized insurance brokerage in the Highlands. When my grandfather, Floyd Hall, started the brokerage

he focused on building relationships. That remains our objective to this day. Our clients typically know us by name, call us directly or personally visit our office to discuss their needs. We thank them for the trust they place in us. For those who don't know us, we welcome your inquiry.

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\$585,000

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+ two bedroom bunkie. This four season
property shows pride of ownership inside &
out. Massive screened porch, bright kitchen &
stone wood burning fireplace.

\$539,000

KENNISIS LAKE



Rare opportunity for a large private lot on
magnificent Kennisis Lake. This property
includes 2 seperately deeded lots adjacent to
one another totalling just over 538 ft of
water front

\$499,000

SANCAYNE STREET



This impeccable 3 bdrm home is sure to check
off all the boxes! Great space for entertaining
both inside & out. Enjoy movie nights in your
own theater! Many improvements, dbl att & insul
garage and in a great location.

\$499,000

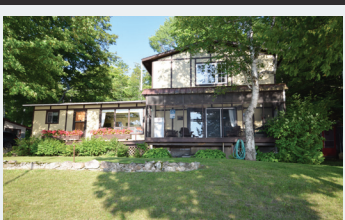
SALERNO LAKE



NEW LISTING
Fully winterized three bedroom log cottage
on Salerno Lake. Interior is finished with cozy
pine w/ vaulted ceilings for spacious feel. 167'
of secluded waterfront located in a small cove
providing nice safe swimming.

\$499,000

GLAMOR LAKE



Three season - four bedrooms Tudor- style
cottage fully furn. on Glamor Lake. Beautiful
setting with 100 ft of west facing waterfront. Lots
of room for family and guests with over 2,200
sqft of living space.

\$399,000

HALIBURTON LAKE



NEW LISTING
Great value with this 4 bedroom family cottage
on one of Haliburton's finer lakes. 100 ft
waterfront with good treed privacy. Gorgeous
sand shoreline with gradual entry and level lot
- perfect for seniors or little ones!

\$339,000

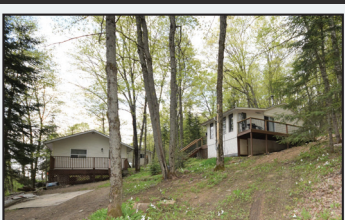
WILBERFORCE HOME



Large 3BR brick family home in the east
of the County. Located just north of
Wilberforce. Well maintained home and
property with numerous improvements

SOLD
\$309,000

COTTAGE PLUS BUNKIE



Enjoy cottage living with this cozy 4 season
cottage and large bunkie with many upgrades.
Municipal access to Miskwabi Lake
across the road.

\$174,000

VACANT LOTS & WATERFRONT

Hwy 503 Building Lot 1.33 Acres.....NEW LISTING.....\$14,900

Salerno Lake Access .45 Acres.....\$25,000

Maple Lake Access .79 Acres.....\$34,500

North Shore Road 2.8 Acres.....\$49,000

Miskwabi Lake Access .98 Acres.....\$59,000



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Lake. Quality finishing inside & out. Oversized insulated double det'd
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easy access to the 5 lk chain.

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KASHAGAWIGAMOG LAKE



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Stylish 2800sf Viceroy custom design 3 bdrm waterfront home/cottage.
Spacious loft and custom copper fireplace & dbl att & insul garage,.
Perfectly level lot, sunset west exposure & excellent sand beach.
Launch your boat right here!

\$1,440,000

SOYERS LAKE



Flooded with light, this beautiful Lakehouse combines contemporary
& cottage architecture. Magnificent landscaped lot facing sunset west
with big lake view & gorgeous sand shoreline. Designer kitchen, floor to
ceiling windows, lower level sleeping area & family rm.

\$1,350,000